

Eat Fish Safely: San Joaquin River



Bass



Striped bass



White sturgeon

www.oehha.ca.gov/fish

Women 18 - 45

Children 1-17



DO NOT EAT



Men 18+

Women 46+



1 serving/week or

Striped Bass: 2 servings/week

Some fish have high levels of mercury which can harm the brain, especially in unborn babies and children.

